

# Upton News



Vol 5 No.26      September 2018

We now produce a regular parish newsletter but is it as good as it could be? If you have any ideas on how it can be improved please get in touch, I will welcome your comments.

If any of you are prepared to produce a regular note on local weather or wildlife, on your hobby or on any other subject of interest please do so.

We have good coverage of most of the organisations within the parish but can we do better on providing information on the individual achievers in the village, particular our younger residents where we have some exceptional talent, both sporting and academic. Most of our individual news tends to be of the sad type so come on let's have more good news like Charlie climbing to new heights (see back page).

You will read later that "when they do something in Upton they do it right"! let's see if we can be sure that applies to our newsletter.

*Editor*

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## St. Mary's Church Services

Sun 2nd Sept. 9.00am	Sung Eucharist.*
Sun 9th Sept 9.00am	Sung Eucharist.
Sun 16th Sept 9.00am	Sung Eucharist.
Sun 23rd Sept. 10.30am	Harvest Festival All Age Service*

A Collection of non perishable foods will be taken for the Didcot Food Bank

Sun 30th Sept. 9.00am	Morning Prayer.
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\*Followed by refreshments.

The church is open every day from 10.00am to 4.00pm for personal prayer.  
Please see porch notice for weekday services.

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## Upton 50 Club

Prize winners in the August draw were:-

1st £25	No.49	Hatti Burrow
2nd £20	No 142	Angela Burt
3rd £15	No 77	Steve Slatter
4th £10	No 67	Carol Walker

Congratulations to all the winners.

*Lesley Shaw*

## Rector's Note



### Difficult People and Difficult Relationships

Do you ever find yourself having to deal with “difficult people”? Would you describe some of your relationships as difficult? I suspect the answer to these questions will be a resounding yes! It is no surprise that we often must deal with “difficult people”, for “difficult people” are simply human beings behaving as human beings sometimes do. We can all be difficult, in different ways and at different times.

How can we deal helpfully with these situations? Developing better human relationships is at the heart of the teaching of many religions, including Christianity. Jesus Christ, through his teaching and the way he lived his life, provides us with many suggestions as to how we might improve our human relationships.

One practice which was at the heart of Jesus's life was the practice of listening to others. It was one reason why Jesus liked to ask people questions: he was genuinely interested in the answers which people gave. The answer could then generate a further question, and so a conversation might develop.

When we are stressed, tired or anxious, we can find listening to others difficult and burdensome. But it is precisely in these situations that listening is so vital. We can find it far too easy to go and “give someone a good talking to”. But how about going and giving them “a good listening to”? In many situations when we are annoyed at someone it is because we feel that they don't understand and haven't given us an opportunity to speak. Knowing that we're actually being listened to can go a long way towards healing a difficult relationship. Of course, listening by itself is not always enough - often, some definite action has to be taken as well. But the listening is a good starting point, and it can be profoundly therapeutic in and of itself.

Listening to each other - really listening, not just pretending to listen - is about more than healing our relationships. It is about opening ourselves to the possibility of discovering something new about ourselves and our world. It's about being open to the possibility of seeing things differently, to the possibility of receiving new hope and purpose in our lives. In short, it's about discovering God at work in our world, sometimes in quite unexpected ways.

*Father Jason*

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### Drop In

The Drop-In is an informal gathering to enjoy a cup of tea or coffee and a pleasant chat. Meetings take place in the Village Hall on Thursdays from 10.30am to 12.00 noon. Dates for September are the 13th and the 27th.

## Parish Council

The Parish Council is currently working to renew the cushion-fall surface for the adventure playground. The logistics of this are being organised and the Parish Council may well be asking for help in spreading out the new surface material. So please have your wheelbarrows and shovels at the ready!

Following a recent annual inspection of the play areas, a number of items needing attention have been highlighted. This will take time for the PC to work through, but it will be done. In the meantime, the PC apologises in advance for any play items taken out of play whilst repairs are carried out.

The next regular Parish Council meeting will take place on Monday 17th September at 7.00pm in the village hall meeting room. Previous minutes can be found on the village web site.

*Parish Clerk*

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## Blewbury W.I.

Here we are again, back to routine. I hope everyone has enjoyed the lovely summer weather and had super holidays. Autumn is just around the corner, but hopefully there will be some sunny days for us to enjoy the outdoors. We have our usual events in September, listed below, and we would love to welcome new members to join us.

Tuesday 4th Sept. at 9.00am—Lyn’s Walk. We will do the walk that was postponed in July because of the heat! Meet at the Village Hall. The walk will actually start from the Rec. in Aston. No coffee on the way, I fear.

Friday, 7th Sept. at 7.00pm - Craft evening at Liz’s, please ring first.

Tuesday, 11th Sept. at 10.30am - Coffee morning at Style Acre.

Tuesday, 11th Sept. at 7.30pm - Scrabble at Bernardine’s, please ring first.

Wednesday, 26th Sept. at 7.30 pm - WI Monthly Meeting in the Vale Room. Speaker, Linda Benton. “ Harvest into Autumn. Harvest-themed musical evening.”

For more details of any of our events, or if you wish to join us, please ring Karen on 850219 or visit our web page, <http://blewburywi.wordpress.com> where you will find more information.

*Cilla.*

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## Astons Online

Astons Online free-of-charge drop-in workshop is on Tuesday 18th September in Aston Tirrold and Aston Upthorpe Village Hall (OX11 9DQ) from 10:00am to 12:00 noon with a discussion at 10:30 focussed on “On-line bullying and harassment”.

See <http://www.astonsonline.uk>, email [theastonsonline@gmail.com](mailto:theastonsonline@gmail.com) or phone 07780 958249 for further information.”

## **The Wine Club**

### **A little help to remember all those good times!**

It's Bank Holiday Monday and we have just had some roast chicken with the obligatory potatoes and veg. We are not eating outside but the doors are still open as we try to hang on to the last few days of Summer! To help the chicken cook, I have opened a bottle of Verdejo from the Spanish region of Rueda and added a little. I am not sure if it is the right type of wine to cook chicken but everyone seems to be enjoying the food and it gives me a very tame excuse to have a glass whilst cooking!

I am the only one in my house who drinks wine, so often I need to justify "an occasion" to open a bottle. That is not a challenge, as I can find many an occasion. However, it has made me wonder "why wine?" For me, it is great that I can play around trying to match wine with the right food but even more than that, I find it nearly always enhances many a memorable occasion.

For example, at the Upton Picnic in the Park this year, I joined 120 other villagers and friends for a great evening. I will remember the welly whanging, egg throwing and pizza cooking for a long time but to help it along, I was introduced to a South African, Newton Johnson Southend Chardonnay, which for me, has been the outstanding wine of this Summer!

At a Summer BBQ earlier this year, by chance I bought "The Waxed Bat", a Cabernet Sauvignon, Shiraz, Malbec blend from Argentina, mainly because I liked the name (marketing is far from dead!) I remember sitting in a hastily erected gazebo as the rain clouds threatened and being as shocked as my friend, whose glass I had just filled, at how exceptional it was! The "one night of rain" we had this Summer was less of an issue as we enjoyed this fine wine with our burgers.

Yes, wine is a very versatile commodity and has a little something for everyone. For those who want to explore the granular depths of what makes one wine "better" than another, those chasing the "perfect" wine to enhance a starter / main course / dessert or quite frankly for those (myself included) who just find it fun and a great aide-memoir to some great evenings!

The Upton Wine Appreciation Club starts it's 14th season this year on the 19th September at the Upton Village Hall, where we will be tasting some classic single grape varieties and reminding ourselves which wine tastes best for us. If you are remotely interested in wine and would like to know a little bit more in a very relaxed friendly environment, then please come along and create some more enjoyable memories! No knowledge of wine necessary.

You should have already received an application form but if not please email [ian.langley@yahoo.co.uk](mailto:ian.langley@yahoo.co.uk) (chairman).

Here's to another memorable year!

*Ian (Chairman)*

## **Pimms, Pate & Pudding**

What a superb lunchtime treat we had on Saturday 18th August. Despite being a small village, when they do something in Upton they do it right! Pimms and Pate was not to be missed. 60 people came along including folk from Crowmarsh, Cholsey, Harwell and the surrounding villages. The organisers would like to apologise to a number of villagers who were disappointed not to be able to attend as all the tickets were sold out. A choice of a dozen pates were on offer: all home made, plus new potatoes, salad, pickles, etc. and as ever the sweets were to die for. If you still had room, cheese and biscuits came next. The weather brightened just in time for half of the diners to sit outside on the patio, the remainder were in the hall. Very nice raffle prizes were also up to be won.

The event was presented in a very professional way. Can I just suggest that when the next Pimms and Pate comes around you get your tickets early so as not to be disappointed.

A big thank you must go to Maggie and Celia for their hard work in organising it, plus the band of helpers and those who provided the food. Well done and roll on the next one.

The profit made was £730 which will go towards St Mary's kitchen and loo project.

*John Lightfoot*

*A very happy diner.*

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## **Short Mat Bowls**

There is the opportunity to play Short Mat Bowls at Upton Village Hall in the winter season, September to April. Sessions are held Wednesday evenings 7.45 to 9.45pm, except the third Wednesday of the month, when the Wine Club use the hall.

There is no annual membership fee, just pay £3 per session, for newcomers the first two sessions are free. Flat soled shoes must be worn, bowls can be loaned until you know if you want to continue playing the game.

Upton is a keen but non-league group of players, some of whom have joined Harwell to play Monday club nights when home league matches are played. Having never bowled before joining Upton, four Upton bowlers have regularly played in and won their league matches.

The first session of the season is provisionally booked for Wednesday 5<sup>th</sup> September.

For more information contact Joan or Tony Durbin, Tel.01235 850035, Email [jo\\_ham@btinternet.com](mailto:jo_ham@btinternet.com)

*Joan Durbin*

## Swimming

Residents of Southern Oxfordshire aged 60 and over can sign up for a month's swimming for just £5 thanks to a special September offer from South Oxfordshire and the Vale of White Horse District Councils and 'Better' leisure centres.

Would-be swimmers simply register for the offer by visiting the GO Active Gold website or by calling 01235 422219 by 27th September. Once they have received confirmation they can visit the participating leisure centres throughout September to swim as many times as they like for a one-off payment of £5. The month-long swim deal will start from the date of the first swim.

The scheme is part of the district councils' GO Active Gold programme, funded by Sport England, which aims to increase health and well-being among people aged 60 and over living in rural areas across South Oxfordshire and Vale of White Horse.

The participating centres are at Berinsfield, Didcot (The Wave), Faringdon, Henley, Thame, Wantage (The Leisure Centre) and Abingdon (The White Horse Leisure Centre).

This offer is not available to existing 'Better' members or those that have held a membership in the previous three months. This offer has limited availability, so register early to avoid disappointment.

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## Maggie's Walk

On Friday 28th September team Uptonites' (+) will be walking for Maggie's Oxford, this is a Walk to remember, a Walk for loved ones and a Walk with friends.

The Walk, which is 6 miles long, starts at 6.30pm from Cherwell School and finishes at Maggie's Oxford, all to raise money to help anyone with cancer. Your support means so much to people affected by cancer. It costs £590,000/year to keep a Maggie's Centre open and the money raised will help your local Maggie's Centre at Oxford continue to provide free practical, emotional and social support to people with cancer and their families and friends. Help is offered to anyone with any type of cancer and anyone affected can drop in at any time and be made to feel very welcome. Most of us have been affected by the 'C' word in one way or another.

Everyone taking part in the walk (a few hundred in 2017) will register, collect their T-shirt, drink tea/coffee and eat cake! The atmosphere will be electric! Along the route we'll experience interesting buildings, live entertainment, food and a taster of the life-changing support provided in all of Maggie's Centres. It's still NOT too late to register if you fancy joining us, come along and form your own team. If you can spare a quid, a fiver or a little bit more that would be fantastic. To donate please use the link <https://www.justgiving.com/fundraising/GiuliaRippon>

Many thanks from team Uptonites (Giulia and Brian Rippon, Sarah Carter, Mike and Liz Hardy, Rosemary and Graham de Wilde, Jackie Prosser, Marion Kelly, Diane Barresi and Tina Jakeman)



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## Charlie's Story

Following on from the great experience and loads of money raised for great charities when I climbed Kilimanjaro in 2015, I will be going one step further (well, technically 258m higher) and climbing a Himalayan peak later this month.

In the hope that you can spare a little bit of sponsorship money for a great cause, I and a great team of 30 other colleagues will be braving altitude sickness, freezing cold, blistered feet and heavily snoring tent-mates to summit the dizzying 6,153m tall Stok Kangri mountain in the Himalayan foothills (yes, that's what counts as a foothill in the Himalayas!!)

***With your donations, you'll be supporting Launchpad, a local Reading charity that helps homeless people and looks to prevent homelessness in the community.*** Having lived in Reading myself and seeing the social care issues the town is facing on a daily basis, homelessness is an issue close to my heart and there are a large number of people that need a helping hand to get their lives back on track - **please help Launchpad change things for the better.**

I stress that **this is a self-funded trip - every single penny raised goes to charity** and, what's more, will be matched by Deloitte. My aim is to raise at least £1,750 but I would love to smash this target.

The link for donating is <https://uk.virginmoneygiving.com/fundraiser-display/showROFundraiserPage?userUrl=CharlieHannigan1&pageUrl=1>

Thank you in advance! *Charlie*

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## Didcot U3A

The University of the Third Age (U3A) offers the opportunity to share your knowledge, experience and talents with other like-minded individuals with over 35 Interest Groups to choose from! In addition, and to whet your appetites further, we always have a guest speaker to give an interesting presentation.

This month's meeting is on 18th September in the Didcot Civic Hall when the guest speaker will be Kevin Little—"**Fishy Takes and Eccentric Customers**" Kevin has been a fishmonger in Reading for over 50 years, the title speaks for itself ! The meeting starts at 2.00pm, early arrival is recommended.

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Submissions for *Upton News* should be sent to

[kameki39@btinternet.com](mailto:kameki39@btinternet.com)

Deadline for the October edition is

**Tuesday 26th September**